



## Need Help?

This brochure is a partial listing of tobacco cessation programs in San Diego County.

The cost and times of programs may change without notice. Many programs are conducted in more than one location.

The County of San Diego, Health and Human Services Agency does not endorse or recommend any programs listed. Investigate your choice carefully. Call before attending any program.

For referrals to various programs throughout the county, or for telephone counseling, call the California Smokers' Helpline



**English:** 1-800-NO BUTTS  
**Español:** 1-800-45 NO FUME  
**Mandarin & Cantonese:** 1-800-400-0866  
**Vietnamese:** 1-800-778-8440  
**Korean:** 1-800-556-5564  
**Hearing impaired:** 1-800-933-4833  
**Teens:** 1-800-NO BUTTS  
**Chew/Dip:** 1-800-844-CHEW  
**No charge**

## Countywide

### American Lung Association

2750 Fourth Avenue, San Diego, CA 92103  
(619) 297-3901  
Provides *the Freedom from Smoking* information packet at no charge, its workbook for \$7, and audiotapes for a small fee.  
Call for information

### Naval Hospital, San Diego

Health Promotion  
34800 Bob Wilson Drive  
San Diego, CA 92134-5000  
(619) 532-7647  
For eligible military and beneficiaries only  
Call for eligibility; No charge

### Nicotine Anonymous Information Line

(619) 682-7092  
12-step self-help program  
Open to everyone; call for further information

### Freedom From Tobacco

Kaiser Permanente  
10990 San Diego Mission Road  
San Diego, CA 92108  
(619) 641-4194  
6-week course  
Open to members; No charge

### Second Breath

Sharp Center for Health Promotion  
3571 Corporate Court, Bldg. E, Suite D  
San Diego, CA 92123  
(858) 627-5340  
Small group classes  
Call for fees, times and locations  
Teens are welcome

### San Diego State University Health Promotion

Student Health Services  
5564 Hardy Avenue  
San Diego, CA 92182  
(619) 594-4133  
One-on-one counseling  
San Diego State University students only  
No charge

### Smoke Stoppers of San Diego

3699 Park Boulevard  
San Diego, CA 92103  
(619) 296-8700  
\$229 for one-week program (5-day advanced registration); \$269 otherwise  
Stop smoking or pay nothing  
Lifetime guarantee - come back, tuition free  
Teens are welcome

### Smokenders

P.O. Box 22664  
San Diego, CA 92192  
(858) 455-5321  
\$129 for self-study materials  
Call for times and locations  
Teens are welcome

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## East County

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### Second Breath

Grossmont Hospital Wellness Center  
9000 Wakarusa  
La Mesa, CA 91942  
(858) 627-5340  
Small group classes  
Call for fees, times and locations  
Teens are welcome

### Southern Indian Health Council

4058 Willows Road, Alpine, CA 91901  
(619) 445-1188  
Provides one-on-one counseling  
No fees  
Teens are welcome  
For Native Americans only

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## North County

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### Camp Pendleton Naval Hospital

Camp Pendleton, CA 92055-5191  
(760) 725-0755  
For eligible military and beneficiaries  
No charge

### Smoke Stoppers

Palomar Pomerado Health  
15255 Innovation Drive, Suite 204  
San Diego, CA 92128  
1-800-628-2880  
\$60 for self-study materials

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## South Bay

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### Smoking Cessation

Paradise Valley Hospital  
Center for Health Promotion  
2400 East 4th Street, National City, CA 91950  
(619) 470-4784  
Free six-week course  
Call for location and to register  
Teens are welcome

### Second Breath

Sharp Center for Health Promotion  
3571 Corporate Court, Suite D  
San Diego, CA 92123  
(858) 627-5340  
Small group classes  
Call for fees, times and locations  
Teens are welcome

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## Websites

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[www.nobutts.ucsd.edu](http://www.nobutts.ucsd.edu)  
[www.tobaccofree.com](http://www.tobaccofree.com)  
[www.cessationcenter.org](http://www.cessationcenter.org)  
[www.champss.com](http://www.champss.com) (kids helping parents)  
[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

### Attention

*Medi-Cal may cover the costs of nicotine replacement therapy medications as part of an approved cessation program. For Medi-Cal information, call 1-858-514-6885.*

### Prepared by

County of San Diego  
Health and Human Services Agency  
**Tobacco Control Resource Program**  
P.O. Box 85222 • San Diego, CA 92186-5222  
1-800-660-7537

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County of San Diego

# Tobacco Cessation Programs in San Diego County



**Want help  
to give up tobacco?**